

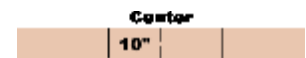
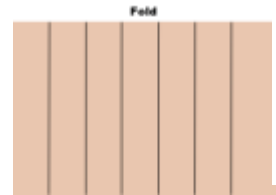
How to Make “HUGS”

Materials:

100% Cotton material 45" wide - Tan/Lt brown color(s) are best. Each yard makes 7 HUGS
Water Storing Crystals - Available in the gardening department

Instructions to make:

1. Cut strips 5" wide across the folded width of the fabric.
2. Unfold & fold right sides together lengthwise.
3. Sew 1/2" seam along 1 narrow end & long side - this makes a long tube closed at 1 end.
4. Turn right side out using a yard stick.
5. Sew across the width 10" from the fold at the center.
6. Put 1 teaspoon (no more) of water storing crystals into the tube.
7. Sew across the width 10" from the fold at the center of the other side.
8. Fold the open end in 1/2" & stitch closed near the edge.



Finished HUG is 2" wide by 44" long.

Include the following instructions for use:

Soak in water for 15 minutes to hydrate crystals. Tie around neck to cool. Turn over occasionally to increase cooling.